

Šakpe ti News

March/April 2018



“A Place to Call Your Own”

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General Information

Šakpe ti Senior Lounge

Sounds like ‘Shock pay tee’ — meaning Little Six Room. The Shakopee Senior Center is a place that is welcoming, warm, and open to meet new & rekindle old friendships.

The Center is a hub of activity for **ALL** adults and seniors.

No Membership required to participate in Senior Center programs.

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Sewing Needs

We have a volunteer willing to assist with you with hemming pants, sewing seams, buttons and more.

Call 952-233-9615

For more information!

Carla's Corner

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Movies – Once a Month

Due to low enrollment, we are going to offer movies once a month. Please refer to Movies under Weekly/Monthly section.

Bingo/Prizes Day -

Due to low enrollment, we are cancelling Bingo on the 3rd Wednesday of each month, starting in March.

Coffee Cups

Thank you to everyone for putting your dishes in the dish washer after each use. I appreciate your assistance in keeping the lounge a clean and friendly environment for all to enjoy.

Sewing Volunteer

We have a volunteer who will bring in her sewing machine to assist with your sewing needs.

*Thank you,
Carla*

*Front Cover Picture:
~Mexican Train
Dominoes Players*

3 Easy Ways to Register:



On-Line



In-Person



Mail-In

Šakpe ti Sr. Lounge Hours:

Monday – Friday 8 am -3 pm

Staff:

Carla Kress

Senior Center Coordinator

952-233-9516 or ckress@shakopeemn.gov

1255 Fuller St. S

WEEKLY / MONTHLY ACTIVITIES

PICKLEBALL

Pickleball is played on a shortened court with a net slightly lower than a tennis net using a paddle and small whiffle ball. Nets and equipment are available, or bring your own. Wear comfortable clothing and white soled tennis shoes

When:

Sundays: 10:30 a.m.–12:30 p.m.

M / W – 7-9 a.m. *Beginners*

Tues/Thurs: 7 - 11 a.m.

Thursdays: 5:30 -7 p.m.
(thru March)

Fridays: 7 - 9 a.m.

Saturday: 9-10:30 a.m. *Beginners*

Fee: Subject to daily fee or use
your CC membership

CARDS & CONVERSATION

Join us for cards, conversation and coffee. Seeking players for 500, Sheephead & Cribbage. Need a lesson, we will teach you. Just show up

When: Tues/Thurs

Time: 9 a.m.- noon.

Fee: FREE

RE-CREATED CARDS

Are you a crafty person? Join us to make new cards from used cards.

When: 2nd Monday

Time: 10:30 a.m.-Noon

March: Pat Tagow

Carol Eager

April: June Plekkenpal

POTLUCK

Gather with friends (old and new) to enjoy a MN Potluck. Please bring a dish to share.

Desserts: We would like to have 2-3 desserts provided. If you would like to bring a dessert, please contact Carla at 952-233-9516 to sign up for dessert.

When: 3rd Monday

Time: 12-2 p.m.

Fee: FREE

MEXICAN TRAIN DOMINOES

All Aboard! The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station". All level of players welcome. An easy game to learn quickly.

When: Wednesdays

Time: 1-3 p.m.

Fee: FREE

‘MUST SEE’ MOVIES’

No need to sneak your snacks in here, we’ve got it covered! We are showing a movie once a month. If you have a movie to suggest, please do. Plan for 2 hours. *Need 5 signed up to play the movie.*

When: 2nd Wednesday

Time: 10 a.m.

Fee: FREE

BINGO

Join your friends for a few games of fun. **Treats:**

March 7: Carol Goebel

Joan O’Neill

April 4: Faye Koller

Virginia Geske

When: 1st Wednesday - .10/card

Time: 1-3 p.m.

Fee: FREE

MAHJONGG – NEW!!

Blending elements of rummy and dominos, it’s lively, addictive and entertaining for everyone.

When: Thursdays

Time: 1-2:30 p.m.

Fee: FREE

SR. SOCIAL/FITCHECK

Join your friends or meet new ones and enjoy a mid-morning snack. Bring a snack to share with others.

When: 3rd Friday

Time: 9 a.m.

Fee: FREE

QUALITY FOOTCARE

Quality Footcare, a licensed foot care company will provide foot care to seniors with various foot conditions. A foot soak, filing, nails/corns/calluses, trimming, and foot massage for circulation.

Register one week prior.

When: 2nd Friday

March 9 QF 309

April 13 QF 413

Time: 9-Noon

Fee: \$32

Register on-line or call 952-233-9516

EDUCATIONAL CLASSES & DISCUSSIONS

'The Upside of Downsizing' – by Gentle Transitions

Thinking of making a future move or just decluttering? With 27 years of experience, Gentle Transitions will offer insight into the move

process, tips to help you gain momentum in

sorting and valuable local resources that will assist you in decluttering and passing along possessions. Snacks provided!



When: Wednesday, March 7

Time: 10 a.m. - 12 p.m.

Fee: FREE

Program #: CD 307

Registration Deadline:

Thursday, March 1

"The JFK Assassination: A Fragile Time"

Where were you when JFK was assassinated? After nearly 55 years, this event still sparks discussion and controversy. Join us for a balanced discussion of one of the pivotal events of the 20th century. Snacks provided!

When: Wednesday, March 14

Time: 1:30 - 2:30 p.m.

Fee: \$6

Program #: CD 314

Registration Deadline:

Wednesday, March 7

'New to Medicare'

This presentation reviews what is covered by Parts A, B, C and D of Medicare, Medicare supplement options available, the enrollment process; options for enrollment, and personal costs of the program. We will address the *donut hole* and eligibility for extra help with prescription drug costs. Changes in Medicare will be addressed.

When: Monday, April 23

Time: 11 a.m.-Noon

Fee: FREE

Program #: CD 423

Registration Deadline:

Monday, April 16

What's New for Medicare

It is important to review your Medicare prescription drug plan each year during the Open Enrollment period. Our presentation will explain how Part D works, including the impact of the Affordable Care Act on "the donut hole." We will explain the new 5-star plans and *Extra Help* will be explained, a program for people with lower incomes, that may reduce prescription drug costs.

When: Monday, May 7

Time: 11 a.m.-Noon

Fee: FREE

Program #: CD 507

Registration Deadline:

Monday, April 30

Senior Surf Day

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Senior Surf Day provides hands-on computer training for seniors who have little or no experience with computers. Attendees will become familiar with the computer (mouse, keyboard, desktop) and learn the basics of surfing the internet by visiting websites aimed at preventing Medicare Fraud. They will learn how to access internet sites, to obtain information on their own, and know if a website is secure. **Registration Required:** online, walk-in or contact Carla at 952-233-9516.

When: Wednesday, March 28

Time: 10 a.m. - 12 p.m.

Fee: FREE

Program #: CD 328

Registration Deadline:

Wednesday, March 21

Mahjongg Lessons

Mahjongg is a game for two, three or four players that uses 152 tiles based on Chinese characters and symbols. The aim is to be the first player get a complete hand. Learn the rules and strategies to the game. Each participant has the option to purchase the official National Mahjongg league card for \$9. This is an 8-week class.

When: Wednesdays,
March 21-May 9

Time: 1- 2:30 p.m.

Fee: \$37

Program #: MJ 321

Deadline: Wednesday, March 14

Shakopee Historical Society Series – David Schleper

Glory Hallelujah! Churches in Early Shakopee

Take a look back in time and learn about a church named but never built as well as the history and changes in direction of our past and current churches. David will explore with you all the churches from the past and how they became who they are today.

When: Tuesday, March 20

Time: 1 - 2 p.m.

Fee: FREE

Program #: CD 320

Registration Deadline:

Tuesday, March 13

A Place for Women: The MN Correctional Facility in Shakopee

Come learn about the woman who convinced a group of men to build a reformatory for women, the place as it looked then and now, a few stories about growing up near the reformatory, the prisoner who lived here, as well as those who escaped!

When: Tuesday, April 17

Time: 1 - 2 p.m.

Fee: FREE

Program #: CD 417

Registration Deadline:

Tuesday, April 10

Health & Wellness

Spring Forest Qigong

The benefits are endless. *Qigong* is an ancient form of traditional Chinese Medicine (TCM), utilizing energy breathing, simple movement, and meditation to help balance and heal the body, mind, and spirit. Instructor, Patricia (Pat) Sheveland is a certified Spring Forest Qigong Practice Leader and Trainer.
Location: Community Center Multi-Purpose Room (upstairs).

When: Tuesdays,

April 17 - May 22

Time: 5:30 -6:30 p.m.

Fee: \$ Residents

\$ Non-Residents

Program Code: HW 417

Registration Deadline:

Tuesday, April 10

A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. *A Matter of Balance* is designed to reduce the fear of falling, stop the fear of falling cycle, and improve activity levels among older adults. Learn practical strategies to manage falls, set goals for increasing activity, and exercise to increase strength and balance.
Location: Community Center Community Room

When: Mondays & Wednesdays

April 9-May 2

Time: 1-3 pm

Fee: FREE

Program #: MOB 409

Registration Deadline:

Monday April 2

AARP Tax Preparation

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If you need help preparing your taxes and are a senior citizen or low-income family, AARP will provide tax preparation assistance to help you at no cost. Tax help will be provided on a first come first served basis with a limited number seen each day. No reservations will be accepted.

When: Wednesdays,

February 14-April 11

Time: 9 - noon.

Fee: FREE

What to bring:

- Proof of ID, SS cards for you, your spouse, & dependents
- A copy of last year's income tax return(s)
- W2 forms you have received (income from jobs or pensions).
- Form SSA-1099, which shows the Social Security paid to you
- All 1099 forms you have received (show earned interest and/or dividends on your investments)
- Records showing any other income received
- Receipts or cancelled checks (medical/dental expenses & charity contributions)
- All forms 1095 – Health Insurance statements & A, B or C
- Proof of bank routing and account # for direct deposit (blank check)

DAY TRIPS

‘Ava to Eternity’- Sidekick

In this musical, Francis Albert Sinatra, is just another kid from Hoboken who wants to make it big and become a star. Watch as he finds out just how rough a path lies ahead of him. Experience his professional rise and fall from grace, his romance with Ava Gardner, and his triumphant Oscar-winning career turnaround in ‘From Here to Eternity.’

When: Wednesday, March 21

Time: 11 a.m. – 4 p.m.

Fee: \$58 (ticket and bus)

Program #: ST 321

Registration Deadline:

Wednesday, February 28

Treasure Island Casino

Enjoy an afternoon at the Island. We will spend 5 hours at the casino for ‘50 Plus Day.’ You must include your birthdate and/or player’s club card # on your registration. If you don’t have a card, one will be waiting for you upon arrival. Guests 50 or better visit a kiosk for your chance to win up to \$50 FREE slot play. Passport club card and valid ID needed receive a lunch discount.

When: Wednesday, April 4

Time: 8:00 AM – 4:30 PM

Fee: \$10 early bird

Program #: ST 404

Registration Deadline:

Wednesday, March 14

Day Trippers - ‘Drinking Habits

All heaven is about to break loose at the Sisters of Perpetual sewing. For years two Sisters have been making grape juice for the poor and wine to earn money to keep the convent afloat. When the wine unexpectedly wins a \$500,000 prize, local reporters, dressed as a nun and priest, go undercover to investigate causing paranoia to shut convent down.

When: Thursday, April 12

Time: 11:30 a.m.-4:00 p.m.

Fee: \$58 (ticket, lunch, bus)

Program #: ST 412

Registration Deadline:

Thursday, March 22

Mystery Lunch

Bring a few of your friends and enjoy the mystery of the unknown social lunch destination. Lunch cost is on your own.

When: Friday, April 20

Time: 11 a.m -2 p.m.

Fee: \$10 (bus)

Program #: ST 420

Registration Deadline:

Friday, April 13

Fagen Fighters Museum –

Granite Falls, MN

Bongards –Norwood/Young America, MN

Visit a living memorial dedicated to one of the most critical times in our nation’s history. The Fagen Fighters WWII Museum is a showcase of the iconic aircraft and ground equipment in the epic conflict: World War II. It is a tribute to the men and women of the Greatest Generation whose sacrifices shaped the freedom and liberty we enjoy today. Optional donations are accepted at the door. Off to Olivia for lunch at the Chatterbox Café. Choose your meal when you register. As we head back home we will stop and visit Bongard’s Cheese Retail Store to explore a fresh selection of cheeses, butter, specialty food and souvenirs!

When: Thursday, May 10

Time: 8:00 a.m.-4:30 p.m.

Fee: \$54 (lunch, snacks, bus)

Program #: ST 510

Registration Deadline:

Thursday, April 26

Taste of Upcoming Trips

Woolen Mills- Faribault, MN

State Capitol Trip

Barn Quilt Tour of Carver County

MN Twins Game and Lunch

Spam Museum/Hormel House

St. Paul Saints

History Theatre–‘Glensheen’

Ziplining – Kerfoot Canopy

Mill City Mobsters Trip

Fall Color Train ride/Taylor Falls

If you have any suggestions for trip ideas, please call or email Carla at 952-233-9516 or ckress@shakopeemn.gov

MARCH

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
*Pre-Registration Required – On-line @ www.shakopeemn.gov Walk-in – to CC front desk Bold: Trips, Events, Speakers				1 7-11 am Pickleball 9-Noon Cards & Conversation 1 -2:30 pm Mahjongg 5:30-7:00 pm Pickleball	2 7-9 am Pickleball	3 9-10:30 am Pickleball - Beginners
4 10:30 am-12:30 pm Pickleball	5 7-9 am Pickleball Beginners	6 7-11 am Pickleball 9-Noon Cards & Conversation	7 7-9 am Pickleball Beginners *10 am- Noon The Upside of Downsizing 1-3 pm Bingo 1-3 pm Mexican Train Dominoes	8 7-11 am Pickleball 9-Noon Cards & Conversation 1 -2:30 pm Mahjongg 5:30-7:00 pm Pickleball	9 7-9 am Pickleball *9 am-Noon Quality Footcare	10 9-10:30 am Pickleball Beginners
11 10:30 am-12:30 pm Pickleball	12 7-9 am Pickleball Beginners 10:30 am-Noon Recreated Cards	13 7-11 am Pickleball 9-Noon Cards & Conversation	14 7-9 am Pickleball Beginners *10am Movie 1-3 pm Mexican Train Dominoes *1:30-2:30 pm JFK Assassination	15 7-11 am Pickleball 9-Noon Cards & Conversation 1-2:30 pm Mahjongg 5:30-7:00 pm Pickleball	16 7-9 am Pickleball 9:00 am Sr. Social FitCheck: TBD	17 9-10:30 am Pickleball Beginners
18 10:30 am-12:30 pm Pickleball	19 7-9 am Pickleball Beginners *12-2 pm Potluck	20 7-11 am Pickleball 9-Noon Cards & Conversation *1 -2 pm Glory Hallelujah! Churches in Early Shakopee	21 7-9 am Pickleball Beginners *11 am Sidekick Theatre: 'Ava to Eternity' Trip 1-3 pm Mexican Train Dominoes *1-2:30 pm Mahjongg Lessons	22 7-11 am Pickleball 9-Noon Cards & Conversation 1 -2:30 pm Mahjongg 5:30-7:00 pm Pickleball	23 7-9 am Pickleball	24 9-10:30 am Pickleball Beginners
25 10:30 am-12:30 pm Pickleball	26 7-9 am Pickleball Beginners	27 7-11 am Pickleball 9-Noon Cards & Conversation	28 7-9 am Pickleball Beginners *10 am-Noon Senior Surf Day 1-3 pm Mexican Train Dominoes *1-2:30 pm Mahjongg Lessons	29 7-11 am Pickleball 9-Noon Cards & Conversation 1 -2:30 pm Mahjongg 5:30-7:00 pm Pickleball	30 7-9 am Pickleball	31 9-10:30 am Pickleball Beginners

APRIL

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 10:30-12:30 pm Pickleball	2 7-9 am Pickleball Beginners	3 7-11 am Pickleball 9-Noon Cards & Conversation	4 7-9 am Pickleball Beginners 8 am -4:30 pm 'Treasure Island' 1-3 pm Bingo 1-3 pm Mexican Train Dominoes *1-2:30 pm Mahjongg Lessons	5 7-11 am Pickleball 9-Noon Cards & Conversation 1 -2:30 pm Mahjongg	6 7-9 am Pickleball	7 9-10:30 am Pickleball Beginners
8 10:30-12:30 pm Pickleball	9 7-9 am Pickleball Beginners 10:30 am-Noon Recreated Cards *1 pm Matter of Balance	10 7-11 am Pickleball 9-Noon Cards & Conversation *1-2:30 pm Mahjong Lessons	11 7-9 am Pickleball Beginners *10 am Movie 1-3 pm Mexican Train Dominoes *1-2:30 pm Mahjongg Lessons *1 pm Matter of Balance	12 7-11 am Pickleball 9-Noon Cards & Conversation *11:30 am-4 pm Day Trippers Trip 'Drinking Habits' 1 -2:30 pm Mahjongg	13 7-9 am Pickleball *9 am-Noon Quality Footcare	14 9-10:30 am Pickleball Beginners
15 10:30 am-12:30 pm Pickleball	16 7-9 am Pickleball Beginners *12-2 pm Potluck *1 pm Matter of Balance	17 7-11 am Pickleball 9-Noon Cards & Conversation *1 -2 pm Women in Prison in Shakopee *5:30-6:30 pm Spring Forest Qigong	18 7-9 am Pickleball Beginners 1-3 pm Mexican Train Dominoes *1-2:30 pm Mahjongg Lessons *1 pm Matter of Balance	19 7-11 am Pickleball 9-Noon Cards & Conversation 1 -2:30 pm Mahjongg	20 7-9 am Pickleball 9:00 am Sr. Social FitCheck: TBD *11-2 pm Mystery Lunch	21 9-10:30 am Pickleball Beginners
22 10:30 am-12:30 pm Pickleball	23 7-9 am Pickleball Beginners *11 am New to Medicare *1 pm Matter of Balance	24 7-11 am Pickleball 9-Noon Cards & Conversation *5:30-6:30 pm Spring Forest Qigong	25 7-9 am Pickleball Beginners 1-3 pm Mexican Train Dominoes *1-2:30 pm Mahjongg Lessons *1 pm Matter of Balance	26 7-11 am Pickleball 9-Noon Cards & Conversation 1 -2:30 pm Mahjongg	27 7-9 am Pickleball	28 9-10:30 am Pickleball Beginners
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